

Single Herbs

Individual herbs in their vibrant, natural form support each person uniquely.* Gaia Herbs' single herbs contain concentrated extracts of an individual herb, to deliver nature's vitality to you.*

Cinnamon Bark

Cinnamon bark helps support a healthy glycemic balance by supporting healthy blood sugar metabolism.* Gaia Herbs uses dual extraction technology to deliver a broad spectrum of herbal constituents. Solvent-free supercritical extraction which yields fat-soluble plant compounds, while water and alcohol extraction captures water-soluble Phenolic compounds.

The Gaia Difference



Liquid potency, easy absorption
Alcohol-free Liquid Phyto-Caps®
U.S. Patent No. 6,238,696 B1



**100% vegetarian, dairy free,
no gluten-containing ingredients**
Easily digestible plant-derived capsule



Laboratory tested for purity
Free of heavy-metal toxicity

Suggested Use

Adults take 1 capsule 2 times daily after meals.

*Not to be used during pregnancy or lactation. If you have a medical condition or take medications, please consult with your doctor before using this product. **Keep away from children.** Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.*

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gaia[®]
HERBS

Single Herbs

Cinnamon Bark

**Helps maintain
normal blood sugar***

Supports healthy glycemic balance*
Total Phenols: 22.5 mg†

Dual Extraction Technology
278 mg† total extract

meet your herbs[®]
SEE BACK OF BOX TO LEARN HOW

**60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT**

gaia[®]
HERBS

Single Herbs

Cinnamon Bark

**Helps maintain
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meet your herbs[®]
Enter ID # at GaiaHerbs.com

**60 VEGETARIAN LIQUID PHYTO-CAPS®
DIETARY SUPPLEMENT**

BEST BY: Enter ID# at GaiaHerbs.com

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving

Calories	5
Proprietary Extract Blend	278 mg†
Cinnamon bark ▲, Cinnamon bark supercritical extract ▲ (22.5 mg† total Phenols in combined extracts)	

†Daily Value not established

Other ingredients: Vegetable glycerin, lecithin (non-GMO), water, and capsule (vegetable cellulose)

▲ = Organic Ingredient

Gaia Herbs, Inc. www.GaiaHerbs.com
101 Gaia Herbs Dr., Brevard, NC 28712

Each capsule contains 850 mg dry herb equivalent.

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Adults take 1 capsule 2 times daily after meals.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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gaia[®] plant
HERBS intelligence[™]

GAIA FARM
BREVARD, NC

Over 40 crops are grown each year on our certified organic farm. 250 fragrant acres of Valerian, Echinacea, Holy Basil, Hawthorn, Nettles, and more grace our valley. Each plant thrives naturally here, in one of the most fertile bioregions in the world.

meet your herbs[®]

Track the life story of each herb in your bottle by entering its ID# at GaiaHerbs.com.

PURITY: Trace the origin of each herb back to its source.

INTEGRITY: See analytical results for this product.

POTENCY: Validate each herb's full phytochemical complex.



Gaia Herbs makes conscious choices to keep our planet healthy. This carton is made from 100% recycled paperboard, including at least 35% post consumer material. Our amber glass bottles contain at least 30% recycled content.



BEST BY: